

PRIORITIZING PERIODIZATION

The effects of different periodized training methods on strength and size



IN YOUR ZEAL TO BECOME THE BEST ATHLETE YOU CAN BE, YOU STICK TO SCIENTIFIC TRAINING ONLY, BUT STILL HAVE CHOICES TO MAKE. WHICH PERIODIZED TRAINING METHOD IS BEST? AND MIGHT THE PROGRAM IMPACT GAINS DIFFERENTLY IN MEN AND WOMEN?

Your athletic prowess depends chiefly on the degree of strength and power you can demonstrate in your sport. Obviously technique is a critical component, too, but all strength and power athletes train in an effort to gain more strength and power while maintaining proper technique. And in this quest to become stronger and more powerful, you have a seemingly indefinite number of different training programs to choose from. But as you review them, you will soon come to realize that most of them are based on personal opinion and conjecture and therefore offer very little benefit to you. A few, however, have been heavily researched by exercise scientists, and those methods of training are the ones you need to focus on because they offer you a 95% success rate, compared to the random chance of the "guru" system. But choosing a program is still not easy. Periodized training has received much scientific support. But in typical scientific fashion, periodized training has evolved. So now, as an example, you can choose from a linear or an undulating periodized program. Which is better?

Power Key: strength gain, muscle size, undulating periodization, linear periodization